

SENIOR CENTER IS OPEN – MASKS ARE TO BE WORN UPON ENTERING THE SENIOR CENTER
The Borough Bus is taking 15 Adults 60 and up for each trip, wearing mask, using sanitizer and socially distancing.

The Borough of Leonia offers Bus Service to Leonia Residents ONLY who are 60 years or 18 years+ and on Medicare Disability. This is FREE Door-To-Door pick-up & drop-off Bus Service administered by the Senior Coordinator under the auspices of the Leonia Recreation Commission. Anyone needing assistance getting on and off the bus **MUST** be accompanied by a family member, neighbor or aide.

Residents MUST Register to use the Bus. If you are not registered, call the Senior Coordinator at (201) 302-9660 a form will be emailed or mailed to you. Here is a link to the registration form online: <https://tinyurl.com/LeoniaBus>

To reserve your spot on the Bus call: 201- 302-9667. Bus trips include 2 trips to Shop Rite, Medical Appointments and *Leonia Walks*.

SHOP RITE - specify which time you are requesting a pick-up. 8:45 am OR 10:15 am. **SHOPPING TIME** – 1-1/2 hours. 4 bag limit per person.

MEDICAL APPOINTMENTS – give your name, address & phone number. In addition please provide the doctor's name, address, phone number and time of your appointment. Please schedule your appointments to be completed by 11 am. Return pickups must be completed by 12:30 pm. If your appointment goes past 11 am you will need to make other arrangements to return to Leonia.

Requests for bus appointments are on a first-come, first-served basis and called in several days in advance. We will do our best to honor any last-minute requests. You will only get a call-back in the event we are unable to accommodate your request or changing the schedule. The bus driver will call you the morning of your reservation with the time he is picking you up.

Leonia Walks goes to a **different area every Wednesday** (check calendar on reverse side for where we will be visiting every Wednesday), On Fridays 'Leonia Walks' will go to **Bergen Town Center**. Pick-ups on both days begin at 9:15 AM.

12:30pm Thurs., Mar. 10 Living with Low Vision Tips & Strategies with Elsa Zavoda in person **FREE**

11:30am Spring Cleaning & Tax Time: the 411 on paper clutter & conquering it with Victoria Schrager. On Zoom, in person Meeting Room Recreation Center. **FREE**

1pm Wed., Mar. 16 TECH 101 @ Leonia Library FREE

7pm Wed., Mar. 16 Virtual Irish Cream Making \$5 for residents; \$10 for non-residents

1pm Thu., Mar. 17 Women's Club Meeting presentation on Elizabeth Cady Staton and Women's Club role in Palisades

10:3 am Fri., Mar. 18 Gardening the Green way with Robyn Lowenthal from Master Gardeners from Bergen Cty @ Rec Center Meeting Rm.

10am Mon., Mar. 21 Bone Density Screening with Hackensack Hospital **FREE**

11:30 am Shared housing talk with Women's Rights Information Center

12noon Wed., Mar. 23 St. Patrick's Day Hot Meal Grab N' Go \$6 Residents; \$12 Non-residents.

10:30am Mon., Mar. 28 Coffee with a Cop - Celebrating Women's History Month with Leonia Female Officer. FREE

Friday Mini Movement sessions

11am Pilates-Yoga Fusion

12pm Total Body Chair Fitness

UPCOMING EVENTS

Leonia High School Chorus Concert

Thu., Apr. 14 Trip to Roosevelt Island

Wed., Apr. 20 Secret Life of Herbs talk with Linda Flynn

May 18 Town Meeting BBQ with town officials grilling by Leonia Fire Dept.

Leonia Senior Center , 305 Beechwood Pl. Maggie Browne, Sr. Coordinator PH: 201-302-9660		<p align="center">March 2022 Activity & Bus Calendar <i>All activities at Senior Center unless indicated</i></p>		Senior Bus Reservation: 201-302-9667 Senior Bus Cell: 551-486-4589 Online Registration: register.communitypass.net/LeoniaRecreation Leonia Recreation Department: 201-592-5783
Mon	Tue	Wed	Thu	Fri
28	1	2	3	4
8:45 & 10:15am Shop Rite 9:30am Coloring 10am Board & Card Games 12:45pm Senior Exercise Class	<i>Fat Tuesday - Mardi Gras</i> Medical Appointments 10am Bingo 1pm Line Dancing 2:30pm LaBlast	9:15am pick-up <i>Leonia Walks</i> Ikea/Xmas Tree Shop	Medical Appointments 11am Senior Exercise	9:15am pick-up <i>Leonia Walks</i> Bergen Town Center 11am Pilates/Yoga Fusion 12pm Total Body Chair Fitness 12:45pm Chair/Meditation Yoga 1:30pm Senior Art Classes
7	8	9	10	11
8:45 & 10:15am Shop Rite 9:30am Coloring 10am Board & Card Games 12:45pm Senior Exercise Class	Medical Appointments 10am Bingo 1pm Line Dancing 2:30pm LaBlast	9:15am pick-up <i>Leonia Walks</i> Edgewater Towne Center	Medical Appointments 11am Senior Exercise 12:30pm Living with Low Vision Tips & Strategies	9:15am pick-up <i>Leonia Walks</i> Bergen Town Center 11am Pilates/Yoga Fusion 11:30am Spring Cleaning & Tax Time: the 411 on Paper Clutter & Conquering it. Zoom & In person @ Rec Center Meeting Rm 12pm Total Body Chair Fitness 12:45pm Chair/Meditation Yoga 1:30pm Senior Art Classes
14	15	16	17	18
8:45 & 10:15am Shop Rite 9:30am Coloring 10am Board & Card Games 12:45pm Senior Exercise Class	Medical Appointments 10am Bingo 1pm Line Dancing 2:30pm LaBlast	9:15am pick-up <i>Leonia Walks</i> Walmart in Saddlebrook 1pm Tech 101 @ the Library 7pm Virtual Irish Cream Making	Medical Appointments 11am Senior Exercise 1pm Women's Club Meeting	9:15am pick-up <i>Leonia Walks</i> Bergen Town Center 10:30am <i>Gardening the Green Way</i> with Robyn Lowenthal from Master Gardeners from Bergen County @ Rec Center Meeting Rm. 1:30pm Senior Art Classes
21	22	23	24	25
8:45 & 10:15am Shop Rite 9:30am Coloring 10am-12pm Bone Density Screening 12:45pm Senior Exerise Class	Medical Appointments 10am Bingo 11:30pm Shared housing talk 1pm Line Dancing 2:30pm LaBlast	9:15am pick-up <i>Leonia Walks</i> Stu Leonards 12noon Grab N' Go Hot Lunch	Medical Appointments 11am Senior Exercise	9:15am pick-up <i>Leonia Walks</i> Bergen Town Center 11am Pilates/Yoga Fusion 12pm Total Body Chair Fitness 1:30pm Chair Yoga - Main FL/Upstairs 1:30pm Senior Art Classes - Lower Level
28	29	30	31	1
8:45 & 10:15am Shop Rite 9:30am Coloring 10:30am Coffee w/ a Cop - Allies for Women 12:45pm Senior Exercise Class	Medical Appointments 10am Bingo 1pm Line Dancing 2:30pm LaBlast	9:15am pick-up <i>Leonia Walks</i> Bergen Town Center	Medical Appointments 11am Senior Exerise	9:15am pick-up <i>Leonia Walks</i> Bergen Town Center 11am Pilates/Yoga Fusion 12pm Total Body Chair Fitness 12:45pm Chair/Meditation Yoga